




October 2019

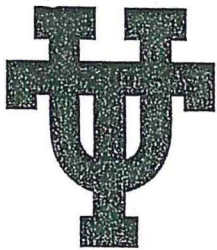
Mon	Tue	Wed	Thu	Fri
	1 Dixie Stampede 9:00 Total Fitness 9:00 SAIL 10:00	2 Grocery Shopping 9:00 Painting 9:00 Knit Alongs 12:00	3 Total Fitness 9:00 SAIL 10:00 Lunch 12-Birthday Bingo Property Tax Relief w/Chip Miller 12:30	4 Yoga 9:00  Happy Birthday, Bobbie!
7 Yoga 9:00 Legal Aid 9:00 Rug Hookers 10:00 HPRC Bingo 2:00	8 Total Fitness 9:00 SAIL 10:00 Essential Oils 12:00 Food Box Delivery	9 Grocery Shopping 9:00 Painting 9:00 Knit Alongs 12:00	10 Total Fitness 9:00 SAIL 10:00 Lunch 12-Volunteer Clowns of Tellico Village Blood Pressure Checks 12:30	11 Flu Shot Clinic 10:30-12:00 United Way Fundraiser 9:00
14 Yoga 9:00 Gospel & Apple Cider on Porch 2:00	15 Total Fitness 9:00 SAIL 10:00 Senior Council 2:00	16 Grocery Shopping 9:00 Painting 9:00 Knit Alongs 12:00 Jewelry Making 1:00	17 Total Fitness 9:00 SAIL 10:00 Lunch 12-Morning Point Choir	18 Yoga 9:00 Gatlinburg Craftsman Fair 9:00
21 Yoga 9:00 Rug Hookers 10:00	22 Total Fitness 9:00 SAIL 10:00	23 Grocery Shopping 9:00 Knit Alongs 12:00	24 Total Fitness 9:00 SAIL 10:00 Lunch 12-United Nations Potluck Volunteer Meeting 2:00	25 Yoga 9:00 Museum of Appalachia 9:00
28 Yoga 9:00 Book Club 1:00	29 Total Fitness 9:00 SAIL 10:00	30 Grocery Shopping 9:00 Painting 9:00 Knit Alongs 12:00	31 Total Fitness 9:00 SAIL 10:00 Halloween Party 12:00	

November 2019

Mon	Tue	Wed	Thu	Fri
				1 Yoga 9:00 AARP Safe Driving 8:30
4 Yoga 9:00 Legal Aid 9:00 Rug Hookers 10:00 Bingo 2:00	5 Total Fitness 9:00 SAIL 10:00 Food Box Delivery	6 Grocery Shopping 9:00 Painting 9:00 Knit Alongs 12:00	7 No Exercise Classes Veteran's Ceremony 12:00-Willie Franklin Band	8 Yoga 9:00
11 Closed in Observance of Veteran's Day  Happy Birthday, Brenda!	12 Total Fitness 9:00 SAIL 10:00 Essential Oils 12:00	13 Grocery Shopping 9:00 Painting 9:00 Knit Alongs 12:00	14 Total Fitness 9:00 SAIL 10:00 Lunch 12:00-'Stress Management'	15 Yoga 9:00 UT Luncheon 9:00
18 Yoga 9:00 Rug Hookers 10:00	19 Total Fitness 9:00 SAIL 10:00 Flu Shot Clinic 9-12:00 Art & Lunch 12:00	20 Grocery Shopping 9:00 Painting 9:00 Knit Alongs 12:00	21 No Exercise Classes Thanksgiving Dinner 12:00-Gerald Augustus 'Civil War Roundtable'	22 Yoga 9:00 Sevierville Flea Market 9:00
25 Yoga 9:00 Gift Wrapping 9:00 Book Club 1:00	26 Total Fitness 9:00 SAIL 10:00 Gift Wrapping 9:00	27 Knit Alongs 12:00	28 Closed in Observance of Thanksgiving	29 Closed in Observance of Thanksgiving

On a dark, stormy Halloween night, four kids named Luke, John, Sarah and Bob walk into a haunted house during a blackout. Only one car escape. They take a staircase to the second floor, a trapdoor on the left, then go up the ladder to the right, followed by a 28-foot slide to the basement through the mouth of a Giant Panda. In one corner of the murky cellar is a chainsaw, a dagger, a rope with a noose and an electric chair. Written on the wall in blood are the words, Only one will survive choose your death! Bob takes the rope, Sarah picks up the dagger, John chooses the chainsaw and Luke uses the chair.

Who is the only survivor?



The UT Luncheon
will feature Roast
Sirloin with a Leek
and Tomato Demi-
Glaze and Stuffed
Chicken Florentine
with a Wild
Mushroom Sauce.

Loudon County Senior Center

901 Main St., Loudon, TN 865-458-5445

Hours: Monday, Tuesday, Wednesday, Friday—8:30 to 4:30; Thursday—8:30 to 4:00

October & November 2019

VAN TRIPS—Sign up date October 1st. Policy reminder: Prepaid trips will be refunded if possible if you have to cancel. We may not be able to refund if money is already sent in. Thank you for understanding.

October 18—Gatlingburg Craftsman Fair \$5+\$4.
October 25—Museum of Appalachia \$12+\$4

November 15—UT Luncheon \$14+\$4
November 22—Sevierville Flea Market \$4

****Important Notice**** Please have exact change and keep ticket and travel fees separate.

Menu: October 3—Chicken Casserole

October 10—Veggie Soup

October 17—Chili/Grilled Cheese

October 24—United Nations Potluck (free) Bring your favorite ethnic dish!

October 31—Halloween Party Appetizers (free) Bring your favorite appetizer!

November 7—Veteran's BBQ Lunch

November 14—Taco Soup

November 21—Thanksgiving Potluck (free) Bring a side dish!

***Please note lunch is \$4.00 unless stated otherwise. *Please sign up by Tuesday of each week.**

Notices:

*We will have a rummage sale at the center on October 11th. All money will go to United Way.

*Loudon County Trustee Chip Miller will be here at 12:30 on October 3rd to discuss property tax relief for senior citizens. **YOU DON'T WANT TO MISS IT!**

*There will be a Telephone/Visitation Volunteer meeting at 2:00 on October 24th.

*The new Book Club will be meeting at 1:00 P.M. on the last Monday of every month starting on October 28th.

*Be sure to register early for the AARP Safe Driver's Course on November 1st.

*All money for the December trip to Nashville must be turned in on November 1st.

*There will be a flu shot clinic here at the center on October 11th from 10:30-12:00 and November 19th from 9:00 to 12:00.

*Free gift wrapping will be available for all seniors on Mondays and Tuesdays starting on November 25th.

*We will begin taking reservations for our December 2nd trip to Hamrick's on October 1st.

*If you need more information on the SNAP program or need help filling out an application, please see Becki.

*Help with open enrollment will be available every Tuesday starting October 15th and continuing through December 3rd. You must have an appointment.

*Luke...There is a blackout, therefore, no electricity!

GETTING to KNOW: Ed Fendley was born in Anderson, South Carolina in 1952. He and his family moved to Elberton, Georgia just a few years later. Ed is quite the athlete, earning letters in football and track in high school. He received a 4 year football and track scholarship to Presbyterian College in Clinton, SC where he once again, lettered in both sports. After graduating with a Bachelor of Science degree in Sociology, Ed worked for various companies including Bankers Life and Casualty Co., Charleston County Family Court, SC Department of Juvenile Placement and Aftercare, Whitehall Laboratories, Mead Johnson Laboratories, and Nestle Nutrition, just to name a few. Ed serves on the Loudon County Senior Council and recently represented our center while helping to organize events for the Sr. Olympics. His hobbies include art, yoga, fitness, weight lifting, water skiing, powerboat cruising with America's Boating Club, swimming, snorkeling, scuba diving, fishing, college football and basketball, camping and traveling. Ed is married to Beth Fendley and he has two step-children.

THANK YOU: United Way for Housekeeping funding; local Agencies who provide us with outstanding speakers; Legal Aid for free legal advice for our seniors; our Instructors & Teachers for the awesome jobs you do; local Businesses that donate door prizes, bingo prizes, food; people who use their vacation days to come and perform for us. Last, but not least—our **VOLUNTEERS** who give so much energy and time to our Center.

WEB SITE: www.Loudoncounty-tn.gov Click on Government, Department, Senior Center/Office on Aging.DownloadCalendar

Loudon Co. Senior Center
901 Main St.
Loudon, TN 37774.

